



Australia New Zealand Process Oriented Psychology

Two-Year Professional Training in
Process Oriented Counselling and
Facilitation

2019 Course Prospectus



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Harmony is a wonderful thing, but
not nearly as powerful as awareness.

Arnold Mindell, PhD



Welcome

Studying Process Oriented Psychology is life changing.

For many, it gives a language and structure to something they already intuitively knew about the world.

Formal study enables them to deepen this knowledge and bring more awareness and clarity to their intuitive wisdom; and how to use it in service for the benefit of all.

For others it represents a strong alignment with their own deeply held values of inclusion, equality, accountability, compassion and nonviolence.

Undertaking the ANZPOP Two-Year Professional Training in Process Oriented Counselling and Facilitation is not only an invitation to earn an accredited qualification, but an invitation into a community where awareness, integrity, authenticity and self-responsibility are valued.

It is also an invitation to learn more about yourself. At the heart of learning Process Oriented Psychology is studying, growing, healing, and loving oneself, and as such, you will be supported and challenged in your studies to grow in yourself as you build the skills to work with others.

If that sounds like your cup of tea, we welcome you to the tea party!

Warmly

Silvia

Silvia Camastral
Course Coordinator



Jane

Jane Martin
Director of Training



ANZPOP

Australia New Zealand Process Oriented Psychology Inc. (ANZPOP Inc.) is an educational institution dedicated to the highest standards of psychological and educational practice.

As a member of the International Association of Process Oriented Psychology (IAPOP) training network, ANZPOP's program is affiliated with centres in the USA, Canada, Denmark, Eastern Europe, England, Greece, Ireland, India, Japan, the UK and several other centres around the world.

All our trainers are qualified Process Workers (Diplomates) and members of IAPOP and PACFA, guaranteeing you're learning Process Work from those qualified to teach it.

They are also highly experienced practitioners in their fields, with diverse experience in clinical services, private practice, organisational consulting, vocational education, coaching, and facilitation.

We offer the Two-Year Professional Training in Process Oriented Counselling and Facilitation not only as a PACFA accredited course enabling entry level into the counselling and facilitation professions, but also as an introductory pathway to further studies in Process Work in the Diplomat Pathway Training Program, as ANZPOP is the only institution in Australia and New Zealand recognised by the International Association of Process Oriented Psychology (IAPOP) to deliver Diplomat training.



The Two-Year Professional Training in Process Oriented Counselling and Facilitation

The two-year Professional Training in Process Oriented Counselling and Facilitation prepares students for entry level to the field of Counselling, Psychotherapy and Facilitation.

Process Oriented Psychology is an integrative approach to psychotherapy and facilitation that both studies and works with the dynamics of human experience. It has many applications, particularly in working with individuals, couples, families, groups and organisations.

The two-year program is based on the principles of Process Oriented Psychology and broad spectrum counselling and communication theory. It is also designed to create a learning program in which students can discover more about themselves; self-knowledge and insight being a crucial element in the characteristics of an effective counsellor and facilitator.

Over the two years, the supportive and rigorous nature of the course equips students for a professional counselling role. The course format brings theory and practice together to give graduates an entry level of competence to undertake a career in counselling and facilitation.

The program is modelled on the standards of the Australian Qualification Framework. Graduates are required to practice according to industry standards of ethical practice for counsellors and to have an understanding of Australian Indigenous culture and history, as well as an understanding of issues pertaining to communities where English may be a second language.

Prerequisites

This program is delivered at the post-graduate level, so an undergraduate degree in a related field, or significant work experience/other training, is required to enter the program. The range of degrees considered in a related field is quite broad and includes any degree related to working with or understanding people and or communities.

If you do not have a related undergraduate qualification but have engaged in significant, related studies and/or have significant experience working with people in a related context, through a process of recognition of prior learning (RPL), you may be eligible for entry into the program.

No previous knowledge or studies in Process Work is required.



Course Structure

The course consists of twenty-eight training days in total and 200 hours of face-to-face tuition.

In Year 1 there are three training seminars and in Year 2 there are four, all of four days duration. Each seminar contains two modules of two days duration:

Year One

Seminar One

Training Module 1. Transpersonal Counselling: Process Work - a neo Jungian approach.

Training Module 2. Understanding our psychotherapy practice through Inner Work and Mindfulness.

Seminar Two

Training Module 3. The Psychodynamic Tradition: comparisons with Process Work.

Training Module 4. Process Work skills: basic theory and working with body symptoms.

Seminar Three

Training Module 5. The Third Wave: Narrative, Gestalt, and Rogerian Person Centred approaches – comparisons with Process Work.

Training Module 6. Process Work skills: metaskills and working with dreams.

Year Two

Seminar Four

Training Module 7. Working with families and relationships (comparative).

Training Module 8. Process Work skills: rank, privilege and conflict, and working with relationships.

Seminar Five

Training Module 9. Best practice for working with trauma and abuse.

Training Module 10. Process Work skills: working with abuse, inner abuse, and inner conflict.

Seminar Six

Training Module 11. Optimal approaches to mental health and addiction.

Training Module 12. Process Work skills: working with extreme states and addictions.

Seminar Seven

Training Module 13. Process oriented facilitation in groups, diversity, conflict, facilitator abuse, internalised abuse.

Training Module 14. Process Work skills – group work facilitation and inner work.

Online group sessions are conducted between seminars on a monthly basis.



Course Assessments

In line with contemporary adult education best practice, course assessments are in a variety of formats and allow students to build competence over time.

Effective counselling requires the application of knowledge, skills, and attitudes and thus all are assessed throughout the program as follows:

1. A **Reading Reflection** (essentially a book review) from both a theoretical and personal perspective (1,000 to 1,200 words), due seven days prior to each seminar. This assessment task is non-graded but students must Achieve Competency (AC) or will be assessed as Not Yet Competent (NYC) and will be required to incorporate feedback and resubmit their work.
2. A **Theoretical Essay**: (1,500 to 2,000 words) Due three weeks after the end of each seminar, the essay requires students to link the relevant theory pertaining to the module with their counselling practice. Students must Achieve Competency (AC) or will be assessed as Not Yet Competent (NYC) and will be required to incorporate feedback and resubmit their work.
3. Four **Videos Demonstrating Counselling Skills** are required; one at the end of the first year and the other three over the course of the second year. They will be graded and receive a mark from the two assessors. Students must Achieve Competency (AC) or will be assessed as Not Yet Competent (NYC) and will be required to incorporate feedback and resubmit their work.
4. **Client Counselling** and **Supervision Hours**: Each student is required to complete 40 client contact hours over the two-year course and have a minimum of ten hours of supervision for these sessions.
5. A **Learning Journal** is to be kept from a Process Oriented Psychology perspective: marking criteria will be provided and discussed in class. Students must Achieve Competency (AC) or will be assessed as Not Yet Competent (NYC) and will be required to incorporate feedback and resubmit their work.
6. **Training Therapy**: Students are encouraged to complete a minimum of ten hours counselling with a Process Oriented Diplomate over the duration of the course.

The Assessment Marking Criteria will be given for each assessment item.



Course Resources

Students will be asked to join the course 'Dropbox' online filing system where electronic readings and other course material will be filed for student use.

Core texts that will need to be purchased by the student:

- Corsini, R and Wedding, D (2014) Current Psychotherapies, 10th Edition, Brooks Cole.
- Dr Julie Diamond and Lee Spark Jones (2005) A Path Made by Walking, Lao Tse Press.

Additional Recommended Reading:

- Dr Arnold Mindell, Rivers Way, (1989) Penguin.

Please note that ANZPOP reserves the right to vary any course content according to changes in local industry and international practice. ANZPOP may make minor changes to improve the course syllabus, the teaching objectives, course methodology and assessment criteria in response to feedback and as appropriate to developments in the field. Student feedback about the course is encouraged and welcomed. Students will be asked for written feedback at the end of each training event.

Venue, Accommodation and Travel

The Training Modules are delivered in Randwick, Sydney (full details will be supplied upon acceptance into the program).

Students travelling from outside Sydney will need to organise and pay for their own travel and accommodation.

Each training day runs from 9am to 4pm and attendance at each full day is mandatory.

ANZPOP provides morning and afternoon teas with students organising their own lunches. There is a fridge at the venue to store lunches, plus an assortment of cafes and food court vendors in walking distance from the venue.



Dates for the 2019 Cohort Intake

Administration Dates

Enrolments for the 2019 intake must be finalised (including paying the \$500 deposit) by 29 January 2019.

Study Dates

2019	
Pre seminar Reading Reflection due	22 March
Seminar 1 – Transpersonal & Innerwork	29 March – 1 April
Post seminar Theoretical Essay due	22 April
Pre seminar Reading Reflection due	19 July
Seminar 2 – Psychodynamic & Bodywork	26-29 July
Post seminar Theoretical Essay due	19 August
Pre seminar Reading Reflection due	20 September
Seminar 3 – The Third Wave & Dreamwork	27-30 September
Post seminar Theoretical Essay due	21 October
First Counselling Video due	November
2020	
Pre seminar Reading Reflection due	3 April
Seminar 4 – Relationship & Family	10-13 April
Post seminar Theoretical Essay due	4 April
Pre seminar Reading Reflection due	26 June
Seminar 5 – Trauma & Abuse	3-6 July
Post seminar Theoretical Essay due	27 July
Second Counselling Video due	July
Pre seminar Reading Reflection due	28 August
Seminar 6 – Mental health & Addictions	4-7 Sept
Post seminar Theoretical Essay due	28 September
Third Counselling Video due	September
Pre seminar Reading Reflection due	23 October
Seminar 7 – Group Facilitation	30 Oct – 2 Nov
Post seminar Theoretical Essay due	23 November
Fourth Counselling Video due	November
Graduation Celebration	November

The first three seminar days in each block run 9-5.30pm, the last day 9-4pm.



Course Fees

The cost is \$13,500 paid over two years.

2019 Payments

Initial payment is due as a deposit	29 January 2019	\$500
Balance for Semester One	9 March 2019	\$3,125
Balance for Semester Two	9 July 2019	\$3,125

2020 Payments

Balance for Semester One	10 March 2020	\$3,375
Balance for Semester	7 July 2020	\$3,375

Additional Costs

A minimum of ten hours client supervision is required to complete the course. Fees vary but expect a range of \$100-\$150 per session.

ANZPOP strongly encourages students to engage in at least ten personal therapy sessions with a Process Work Diplomate. Again, fees vary but expect a range of \$120-\$170 per session.

Some of the texts for the mandatory readings are supplied, others you will have to purchase. Allow approximately \$200 for books.

Work-Study Places

All applicants are eligible to apply for a work-study place whereby a reduction in student fees is exchanged for assisting with administrative and care taking tasks during the course.

There are a limited number of places and applications are made via the online course application form. Applications for work-study places need to include:

- A statement as to why the discount is needed
- What kind of skills and availability you have to offer

In the first instance, Work-Study placements will be decided based on need, and if there is no discernible difference in the situations of each applicant, based on random selection. Applicants will be advised of the outcome of the application to a Work-Study position one month before the course starts.



Course Cancellation Policy

In addition to the non-refundable \$150 application fee, once the \$500 deposit is paid to complete enrolment, a \$250 refund will be issued for course withdrawals made up to one month before the course commences.

If the withdrawal is advised with less than one month's notice, no refund is applicable.

If a student misses or defers a training seminar, fees are still due in that year but the module can be attended in the following year. No extra fees are payable for course deferrals.

If a student withdraws from the course once it has begun, fees for the semester in which the student withdraws are still payable. No further fees nor a withdrawal fee are payable.



Applications

Applications to the course are done via the online application form and incur a \$150 non-refundable application fee. If subsequently you enrol in the course, the \$150 is deducted from your balance of fees owing.

To apply to join the 2019 intake, please follow these steps:

1. Read all the information in this guide and on the webpage, including the FAQs.
2. Gather together the electronic documents required to submit your online application: identification (driver's license or passport or birth certificate), certified copies of qualifications, resume, contact details of two referees who can confirm your suitability for the course.
3. Complete and submit the online application form and pay the application fee.
4. We will then assess your application and contact you within seven working days, either to schedule an online interview time, request further information, or to give feedback as to why your application is not successful at this stage (in this case the application process is now complete).
5. Attend the online interview (via Zoom).
6. Within seven working days of the interview, we will confirm that you have either been accepted to the program, that we need further information, or why your application has been unsuccessful at this time.
7. If you are accepted into the program you will be required to pay the initial deposit of \$500 to accept the offer within two weeks.
8. A letter of welcome and orientation pack will then be sent to you.



Australia New Zealand Process Oriented Psychology

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ANZPOP Inc., in affiliation with the International Association of Process Oriented Psychology (IAPOP) offer a training program that welcomes diversity, particularly in areas of race, national origin, cultural background, class, disability, gender, age, sexual and spiritual orientation.

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